

NEW BEGINNING WITH SELF-AWARENESS

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[After initial induction, proceed with the following]

Now as you continue to allow yourself to relax into your...self know that you are recalling from your subconscious memory an ability you have always had to be able to relax away any tension or stress that your body may have been holding and replace it with a comfortable, safe quietness inside.

It may be interesting for you to notice as you continue to release and relax into this safe experience that the things of the outside world are less and less important right now less and less noticeable ... as you relax even more and more. And the more relaxed you become with each and every breath you take the greater your ability to open up to self-awareness and self-understanding and the more you begin to tap into that creative subconscious to assist you with this process.

You can now simply allow your imagination to roam freely as your subconscious mind will pay attention to the meaning that is meaningful to you hearing the words I say and understanding at a deeper level. Receiving the ideas and suggestions that your creative subconscious recognizes as being inspiring and useful for you. Know now that as you simply enjoy whatever and however you are experiencing this process may be very unusual from what you are usually experiencing and the useful insights you discover within your self now and during the next few minutes enable you to relax even more into this unique and very beneficial experience.

Inside of you is the ability to experience many emotions. In the archives of your past history stored in your subconscious memory are many experiences that gave you knowledge and learnings about yourself and the world in which you live. You have made in the past many choices and decisions

based on those experiences and the emotions you experienced influenced those choices, even when you were unaware of that influence. And emotions are a wonderful indicator and send powerful signals to our subconscious mind as to which situations we may want to avoid and which ones we may want to experience over and over again. And all of the experiences you have had in your lifetime now hold lessons and insights that your mind uses to make your choices today and in the future more in line with your desires and goals and with being as happy and healthy as you are able to be NOW.

So now allow your subconscious mind to review the vast archives of your experiences. In some way that your mind finds appropriate send it into that inner self where all of those lessons and insights are stored and allow it to show you some important ideas, images, symbols, sounds or feelings that will help you now to discover something important about your self that will help you from this moment moving forward in your life. Stay quiet inside now and pay attention to anything that comes into your awareness as I count backwards from 20 to 1.

[Count VERY SLOWLY and pause several seconds between numbers]

20 – Your creative mind can now give you interesting ideas designed to strengthen you

19 – Your capability for creating joy, happiness and peace is being recognized within you NOW

18 – Anything and everything your mind offers is for your highest good

17 – Your inner self is now revealed to you ... simply stay quiet and pay attention

16 – All of the strength, power and wisdom you have gathered now unfolding to you

15 – You now realize your inner strength and wisdom are here to serve you

14 – You are beginning to know your true self to know your true nature

13 – With each number ... down you realize more and more of your true potential and you can feel safe in that realization

12 – Every breath you take brings more insights into your consciousness

11 – that allow you to realize your unique self

10 – For the next few numbers you are able to really let go of anything that has previously limited your awareness of the greatness that is YOU

9 – It is now safe and even necessary for YOU to allow your ... SELF ... to be realized ... the deeper you go, the safer you become

8 – Now you know and understand that the SELF that is YOU must be expressed

7 – Your purpose and your truth are ready to be realized NOW

6 – This is what you are designed to do to experience ... to discover as you go deeper inside

5 – Your inner SELF spirit soul essence whatever you understand that deeper, higher level of your SELF to be is now ready to reveal itself

4 – Your true SELF truly sets you free

3 – Free to be free to express free to experience life free to live fully

2 – Nobody and nothing can interfere with your full expression now

1 – You enjoy the awareness of your ... self NOW

Here in this safe, quiet place deep inside of your SELF you know that today is [today's date] and it is the beginning of your future from this point moving forward. Today, you can ... right now decide to create a new kind of beginning. Right now, with the help of your subconscious mind, you can decide to begin living your life from your truth expressing your ... self fully and revealing your true self to others. Anything that had ... in the past ... kept you from expressing your truth is now seen for what it was a limiting thought or idea that was a mistake. So any past fears or doubts or limiting beliefs that don't conform to this new realization of your true SELF, are now revealed as FALSE

ideas and discredited from any further attention. Their previous power over your thoughts and your life can now be deflated like a balloon.

So imagine now, all of those old fears, doubts and limiting beliefs that your inner self recognizes as no longer valid ... are being placed inside of an imaginary balloon that your creative subconscious mind creates for you and that you can hold at the end of a string floating there in front of you NOW. Pay attention to this balloon notice the size, color, shape and imagine now that your inner self puts all of those past limitations, fears and doubts into this balloon. As the balloon is being filled, notice it becoming bigger and bigger. It can be fun to watch the balloon getting filled with all of those old fears, doubts and limitations that your inner self knows you no longer need or want. Now you may have some idea of what some of those things are that your mind is putting inside of the balloon and it's nice to know that your inner self can access even more things that you may not have even been aware were holding you back from being your best SELF and put all of those things inside the balloon, as well.

And now that the balloon contains all of the things that had previously limited you in any way imagine letting go of the string and watch as the balloon takes off into the sky taking all of the contents with it. As it rises into the sky, the warmth of the sun heats it and it begins to deflate. Enjoy watching the balloon and all that it contains shrinking in size, shrinking in power, smaller and smaller, weaker and weaker, as it goes farther and farther away. Those previous limitations, fears and doubts ... losing their power, losing their strength, shrinking and growing weaker and weaker with each passing moment. And now notice as the balloon shrivels up and evaporates in the heat of the sun gone forever and in its place you can notice the bright sunshine, a new beginning free from those past limitations a future clear and free and unlimited in its possibilities.

And as you look out into the future lighted by the bright sun ... allow your subconscious imagination to project you into that future from this new beginning that you have created today from the possibilities of this new self-awareness. As I count from 1 to 10, you allow your inner SELF to bring in ideas, thoughts and insights about this amazing future that is unfolding and being prepared based on all that you have learned and accomplished ... NOW.

[Count SLOWLY up, pausing several seconds between numbers to allow processing]

1 – Look into your future and notice what your mind has to offer you

2 – Know new things, simply become aware and trust your ... SELF

3 – It's so wonderful to allow your true self to shine ... NOW

4 – As you become aware of your new possibilities, you can now give yourself permission to become excited with anticipation

5 – Now you have freed your SELF ... from past limitations ... and isn't that a wonderful feeling

6 – And this is a new beginning into a life filled with purpose

7 – Your body, mind, and all levels of your awareness now come together as you come up to a new awakening ... and a new beginning in your life

[Speed up your voice and increase volume from this point on]

8 – All of life's experiences are filled with wonder for you now ... and you can be excited about all that you are learning and experiencing

9 – Feel the energy filling your body and starting to awaken from this experience with a renewed sense of SELF

10 – Bring yourself all the way back now and open your eyes when you're ready to enjoy the NEW BEGINNING you have created!